

Parent/Caregiver Survey: After the Program

Washington State University
Strengthening Families Program

Most parents and caregivers try to stay calm, loving, and consistent when they guide and discipline their adolescent children. However, most parents also fall short of those goals from time to time!

We are interested to know which aspects of parenting are most challenging for you. Please take your time and answer truthfully. Your responses will help us to improve our program.

This questionnaire is **confidential**. We ask for your birthdate and the initial of your last name so that we can match your answers to your end-of-program evaluation.

Your Birthdate: ____/____/____

The first letter of **your last name**: ____

Strengthening Families Program Reflective Assessment

Made available through
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Items were designed by Project Family researchers from Iowa State University

Please answer these questions about the way you do things with your youth who attended the program with you:

1. I have clear and specific rules about my child's association with peers who use alcohol.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

2. I have explained my rules about alcohol use to my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

3. I have explained the consequences for breaking my rules about alcohol use to my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

4. I can control my anger and frustration with my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

5. I work hard with my child on ways to express and control his/her anger and frustration.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

6. I find ways to keep my child involved with fun activities in our family.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

7. I find ways to keep my child involved in family work activities (chores, for example).

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

8. I find ways to keep my child involved with family decisions about fun and work activities, in a way that's appropriate for his/her age.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

9. I have discussed my child's goals and dreams with him/her on several occasions.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

10. I often tell my child how I feel when he or she misbehaves.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

11. When my child tells me something important, I let him/her know that I am trying to understand what he/she is feeling.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

12. I let my child know I care about him/her while setting limits and consequences.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

13. I have discussed our family values with my child on several occasions.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

14. Getting my youth to help with chores is a problem.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

15. Getting my youth to do homework is a problem.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

16. How important to you were these parts of the program:

	<u>Very important</u>	<u>Important</u>	<u>Neutral or Mixed</u>	<u>Unimportant</u>	<u>Very unimportant</u>
a. <i>"I Messages"</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. <i>Point System</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. <i>Positive Reinforcement</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. <i>Consequences</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. <i>Family Meetings</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. <i>One-on-One Time</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. <i>Leave the room to cool off</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

POST-PROGRAM

- h. *Remove a privilege*
- i. *Talk about your values and hopes*

17. Please show how you rate the tension among your family members, as a group, today:

Low

High

- ₁ ₂ ₃ ₄ ₅ ₆ ₇ ₈ ₉ ₁₀

Examples of "low tension" are:
 * Family members are peaceful and friendly
 * Talking with family is open and positive
 * Overall, family mood is warm and loving

Examples of "high tension" are:
 * Family members are "on edge" and impatient with each other
 * Talking with family is stressful
 * Overall family mood is negative, angry, and not agreeable.

Your insight is essential to the success of our program!

During the course of this program we have discussed tools (some of which are listed on question 16 above) that you can use to enhance your family experience. Please let us know which **3** you feel will be most useful in your family.

When thinking about raising your kids, what is the issue that worries you the most?

When your son or daughter breaks a rule (such as talking back, breaking curfew, not doing his/her chores), what do you do?

Please think back to how things were BEFORE the program. Answer these questions about the way you did things with your youth THEN:

1. I had clear and specific rules about my child's association with peers who use alcohol.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

2. I had explained my rules about alcohol use to my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

3. I had explained the consequences for breaking my rules about alcohol use to my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

4. I could control my anger and frustration with my child.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

5. I worked hard with my child on ways to express and control his/her anger and frustration.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

6. I found ways to keep my child involved with fun activities in our family.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

7. I found ways to keep my child involved in family work activities (chores, for example).

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

8. I found ways to keep my child involved with family decisions about fun and work activities, in a way that's appropriate for his/her age.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

9. I had discussed my child's goals and dreams with him/her on several occasions.

Strongly agree *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

10. I often told my child how I feel when he or she misbehaves.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

11. When my child told me something important, I let him/her know that I was trying to understand what he/she was feeling.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

12. I let my child know I cared about him/her while setting limits and consequences.

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13. I had discussed our family values with my child on several occasions.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

14. Getting my youth to help with chores was a problem.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

15. Getting my youth to do homework was a problem.

- Strongly agree* *Agree* *Neutral or Mixed* *Disagree* *Strongly disagree*

17. Please show how you would rate the tension among your family members, as a group, before the program:

Low

High

- ₁ ₂ ₃ ₄ ₅ ₆ ₇ ₈ ₉ ₁₀

Examples of "low tension" are:

- * Family members were peaceful and friendly
- * Talking with family was open and positive
- * Overall, family mood was warm and loving

Examples of "high tension" are:

- * Family members were "on edge" and impatient with each other
- * Talking with family was stressful
- * Overall family mood was negative, angry, and not agreeable.

Again, thank you for your time!